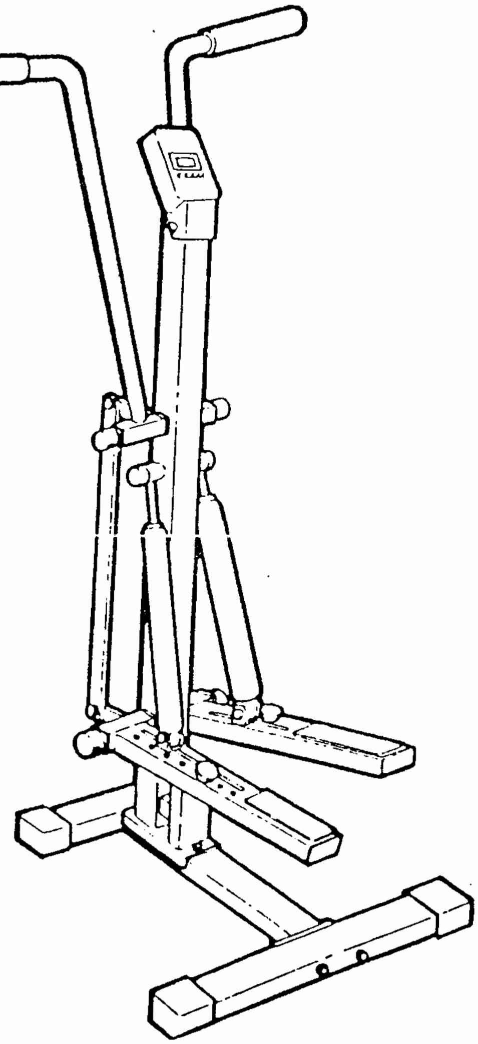
Stepmaster SM5

DUAL ACTION AEROBIC STEPPER



weider®

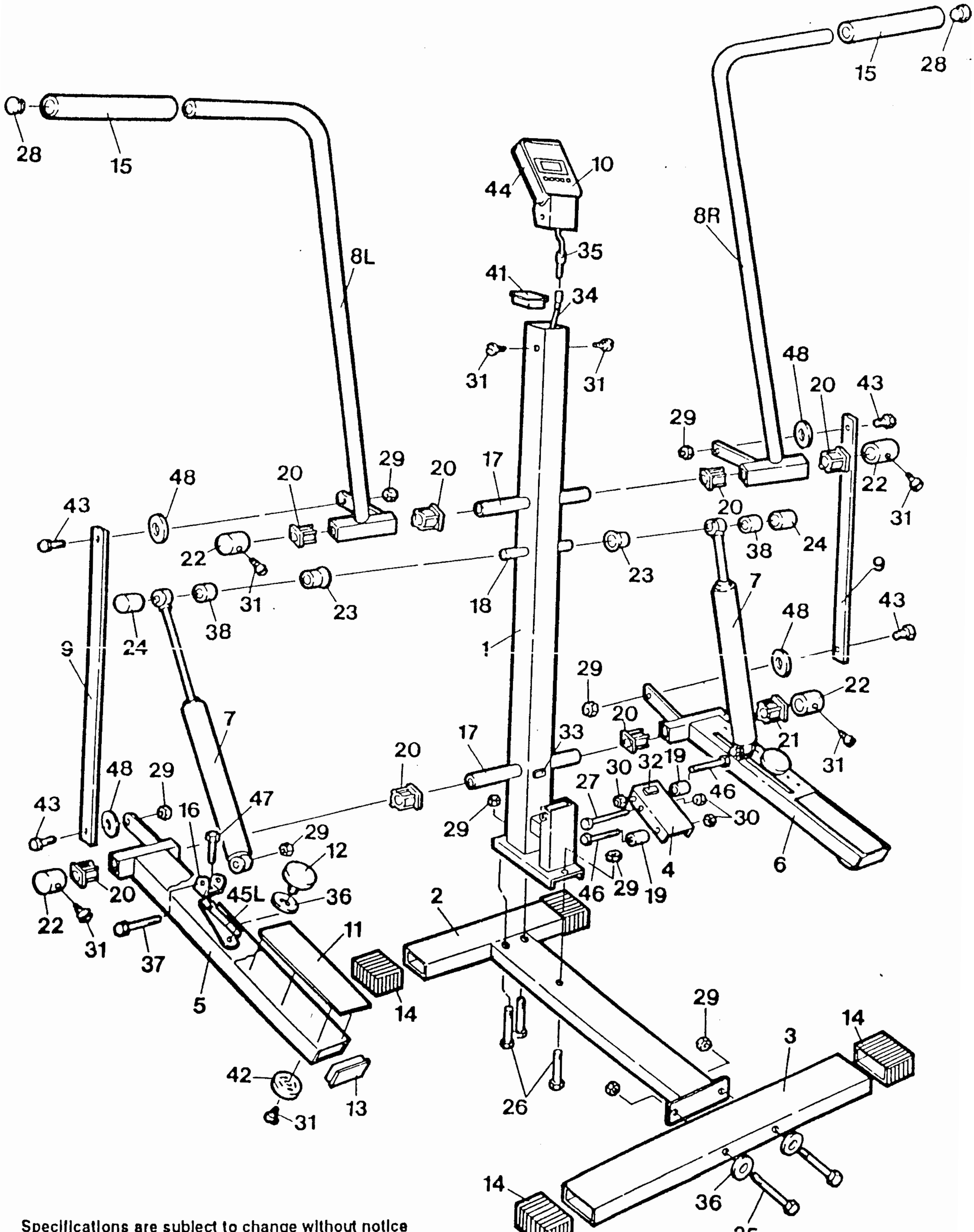
OWNER'S MANUAL

WEIDER is committed to providing you complete customer satisfaction. If you have any questions concerning the assembly of this product or find damaged or missing parts we guarantee you direct assistance. AVOID THE HASSLE OF CONTACTING THE STORE FOR PARTS OR RETURNING THE PRODUCT. Call our "Customer Assistance Line" for immediate assistance with parts and information by calling our toll free number 1-800-225-0653, Mon.-Fri., 8 am - 5 pm CST.

IMPORTANT: Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.

WEIDER HEALTH AND FITNESS

2100 ERWIN STREET, WOODLAND HILLS, CA. 91367 USA

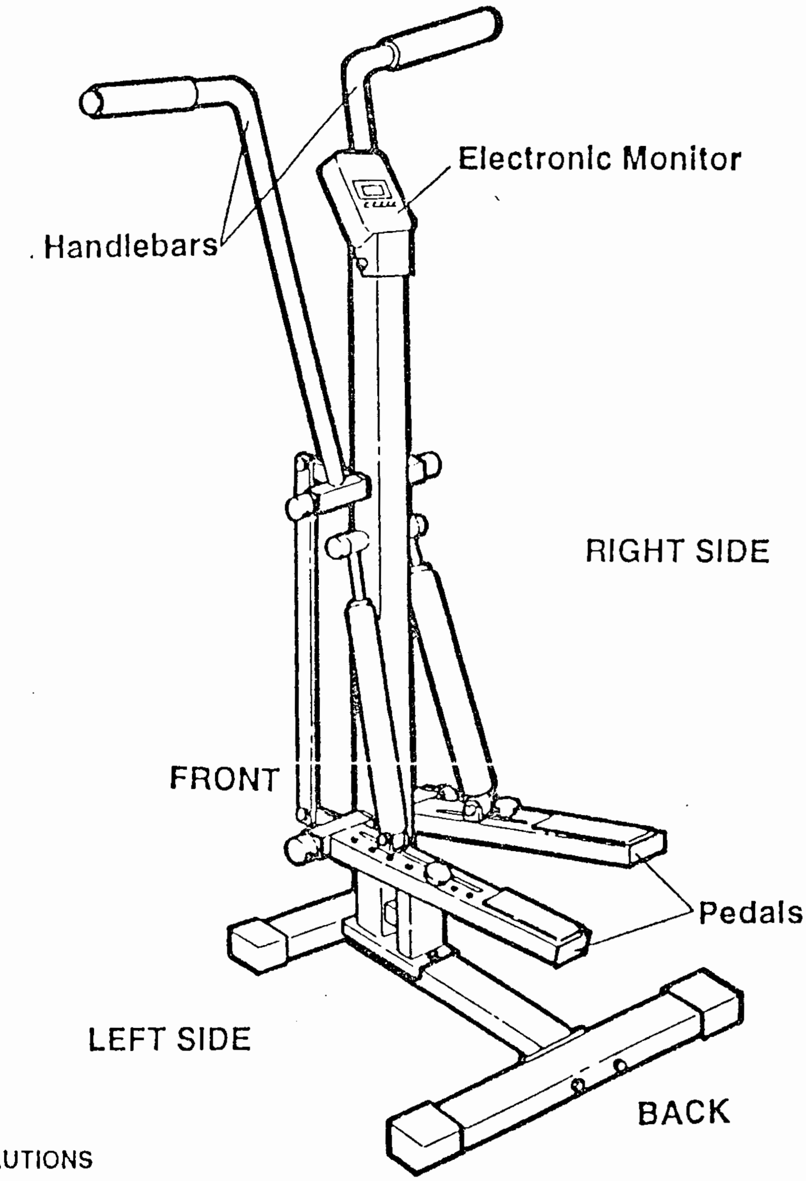


Specifications are subject to change without notice

STEPMASTER SM5

BEFORE YOU BEGIN

Thank you for selecting the STEPMASTER SM5 stepper. The STEPMASTER SM5 blends advanced engineering with innovative design to provide you with an effective, low-impact cardiovascular workout in the comfort and privacy of your home. To make your exercise more enjoyable, the STEPMASTER SM5 gives you such features as a multi-function electronic monitor, easy resistance adjustment, and moving handlebars to include upper-body exercise in your workout.



IMPORTANT SAFETY PRECAUTIONS

1. Position the stepper on a level surface. The Electronic monitor must be out of direct sunlight or the LCD display may be damaged.

2. Make sure that all the parts are tightened securely before each use.

3. Wear appropriate workout attire, including running or aerobic shoes, when using the stepper.

4. Always hold the handlebars when exercising on the stepper.

5. Keep small children away from the stepper during use.

6. Do not touch the resistance cylinder after exercising. The cylinders may reach high temperatures during use.

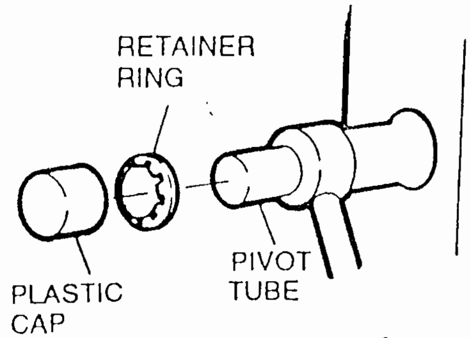
7. Use the stepper only as described in this manual.

WARNING: Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weider assumes no responsibility for personal injury or property damage sustained by or through the use of this Weider product.

SUPPLEMENT TO ASSEMBLE THE RETAINER RING (SM5 & SM6)

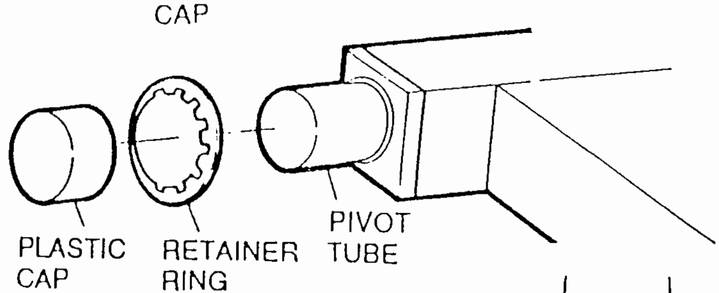
1. STEPPER RESISTANCE CYLINDER:

- ☐ Assemble the 5/8" Plastic Spacer onto the Pivot Tube.
- ☐ Assemble the Resistance Cylinder onto the Pivot Tube.
- ☐ Using the 5/8" Plastic Cap as a driver, push the Retainer Ring onto the Pivot Tube making sure the teeth face to the outside and the Ring fits snugly against the Cylinder.



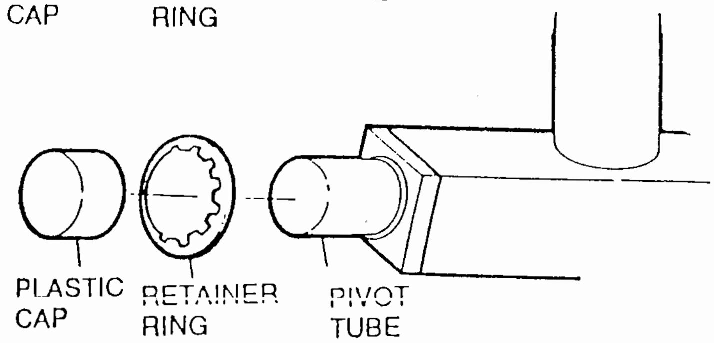
2. STEPPER PEDALS:

- ☐ Assemble the Stepper Pedals onto the Pivot Tube.
- ☐ Using the 1" Plastic Cap as a driver, push the Retainer Ring onto the Pivot Tube making sure the teeth face the outside and the Ring fits snugly against the Pedal.



3. HANDLE BARS:

- ☐ Assemble the Handle Bars onto the Pivot Tube.
- ☐ Using the 1" Plastic Cap as a driver, push the Retainer Ring onto the Pivot Tube making sure the teeth face the outside and the Ring fits snugly against the Handle Bar.



NOTE: The Retainer Ring elimates the use of the 3/16" Self Tapping Screw in the 1" Round Plastic Cap, therefore the 3/16" Self Tapping Screws for this step have been elimated from the Hardware Bag.

* 5/8" RETAINER RING HH-5422

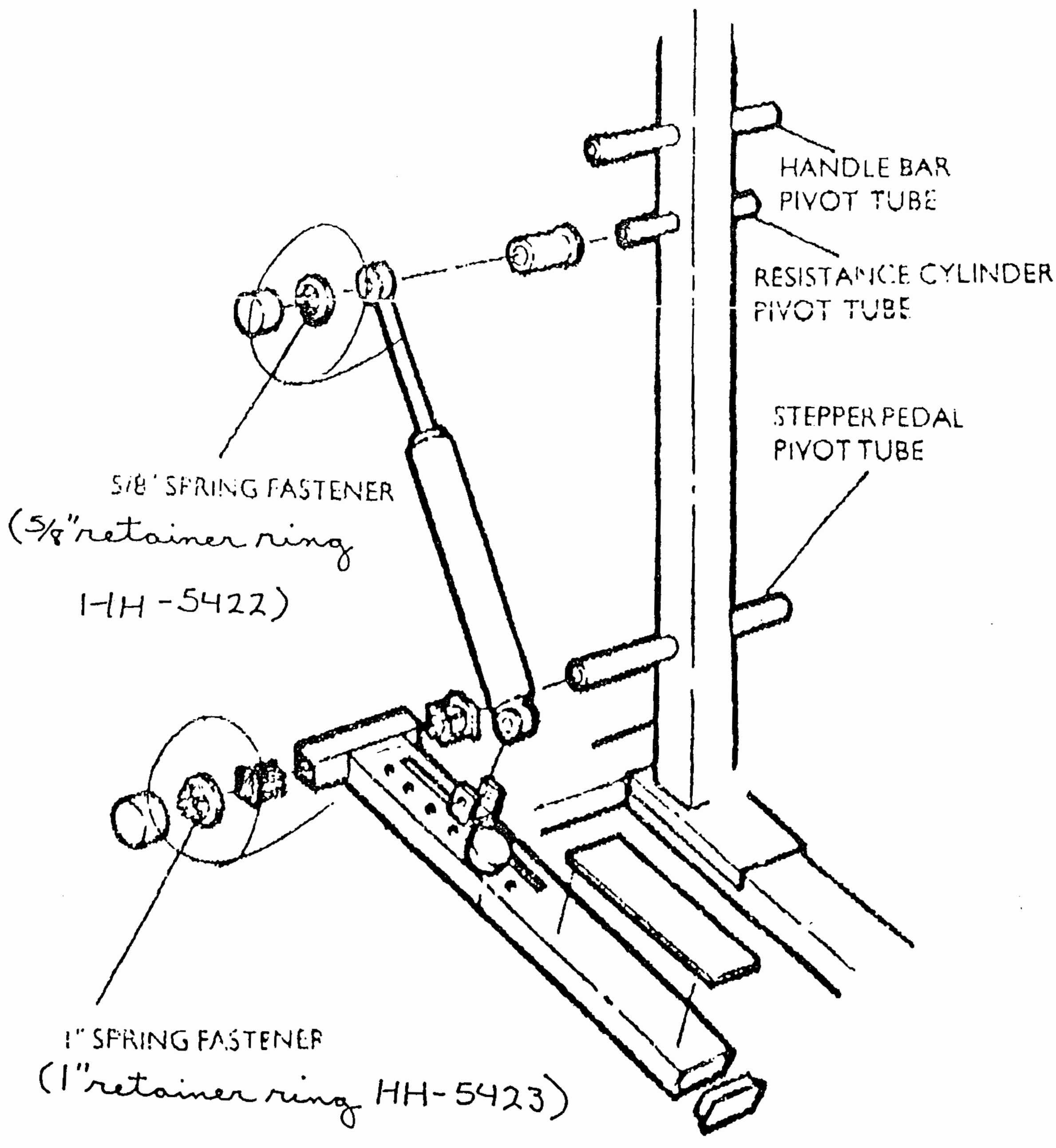
* 1" RETAINER RING HH-5423

(*) Same as "Spring fastener"

1. When assembling the Stepper Cylinders to the Mast, after assembling the 5/8" Spacer and the Cylinder to the Mast drive a 5/8" I.D. Spring Fastener over the Pin using the 5/8" Plastic Cap to assist in driving it. When finished the Spring Fastener and the 5/8" Cap should be fully fitted against the Cylinder.

2. After inserting the Stepper Pedals on the Pivot Tube, drive a 1" I.D. Spring Fastener over the Pivot Tube again using the 1" Cover Cap as an assist. Drive Cap and Spring Fastener on tightly.

3. On units with dual action handle bars, follow the same procedure as in Paragraph 2 for assambling handle bars to the Pivot Tube



STEP 1 FRAME ASSEMBLY

☐ Begin by pressing 1 1/2" X 3" RUBBER FOOT (14) onto ends of BASE "T" (2).

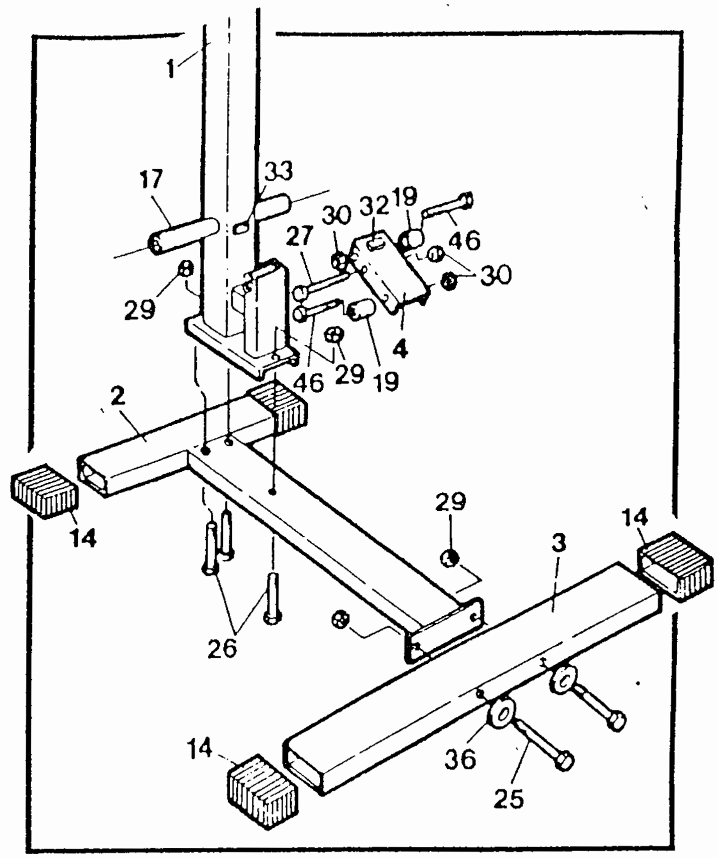
☐ Bolt MAIN FRAME (1) to BASE "T" (2) using three 5/16" X 1 3/4" HEX HEAD BOLTS (26) and 5/16" NYLON LOCK NUTS (29).

☐ Press 1 1/2" X 3" RUBBER FOOT (14) onto ends of REAR BASE TUBE (3) and assemble to BASE "T" (2) with two 5/16" X 3 1/2" HEX HEAD BOLTS (25), 5/16" FLAT WASHERS (36), and 5/16" NYLON LOCK NUTS (29).

☐ Bolt NYLON WHEELS (19) to PEDAL ROCKER ARM (4) using 3/8" X 4 1/2" HEX HEAD BOLTS (46) and 3/8" HEX JAM NUTS (30).

» Note the placement of the NYLON WHEELS (19). The top end of the PEDAL ROCKER ARM (4) has two bolt hole patterns spaced closely together. In the top bolt hole the NYLON WHEEL (19) is bolted to the right-side of the PEDAL ROCKER ARM (4). In the bottom bolt hole the NYLON WHEEL (19) is bolted to the left-side of the PEDAL ROCKER ARM (4). See Illustration!

☐ Bolt PEDAL ROCKER ARM (4) to Rocker Post on MAIN FRAME (1) using 3/8" X 3 3/4" HEX HEAD BOLT (27) and 3/8" HEX JAM NUT (30).



» NOTE: Pedal Rocker Arm must be assembled so it is securely attached but loose enough that it can pivot on Rocker Post.

» Placement of MAGNET (32) is noted in the Electronic Monitor Trouble-Shooting Instructions.

STEP 2 PEDAL & RESISTANCE CYLINDER ASSEMBLY

☐ Press 1 1/2" X 3" PLASTIC INSERT CAP (13) into ends of FOOT PEDALS (5) & (6).

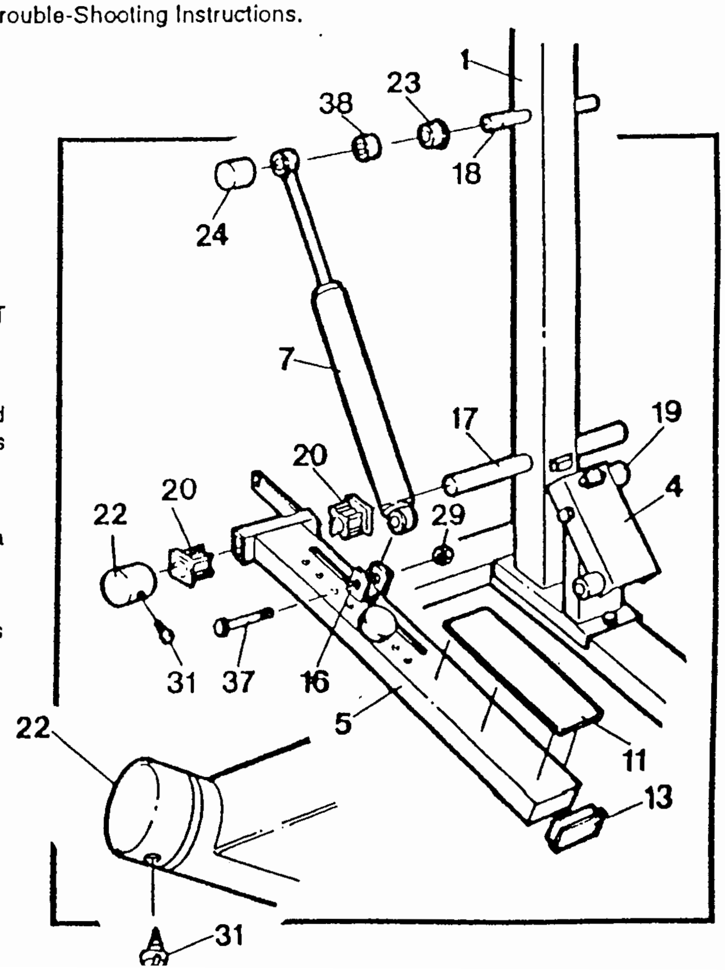
☐ NOTE: For reference, the side of the Foot Pedal that is slotted and fitted with the sliding resistance mechanism will be referred to as the inside of the Pedal.

☐ To the inside and outside of each FOOT PEDAL (5) & (6) press in a large 1" I.D. SQUARE END BUSHING (20).

☐ Remove 3/16" X 1/2" SELF TAPPING SCREW (31) that was pre-assembled into PEDAL PIVOT TUBE (17) at the factory.

☐ Assemble FOOT PEDAL (5) onto PEDAL PIVOT TUBE (17).

» CAUTION: MAKE CERTAIN THAT THE RESISTANCE MECHANISM IS MOUNTED TO THE INSIDE; CLOSEST TO THE CENTER OF THE UNIT. FOOT PEDALS SHOULD BE SEATED ON TOP OF THE ROCKER ARM (4) SUPPORT WHEELS (19).



- [ ] Press 1" I.D. TUBE CAP (22) on the end of the Pivot Tube and secure with 3/16" X 1/2" SELF TAPPING SCREW (31).

- [ ] Press 5/8" FLAIR END BUSHING (23) and 5/8" SPACER (38) onto RESISTANCE CYLINDER PIVOT ROD (18).

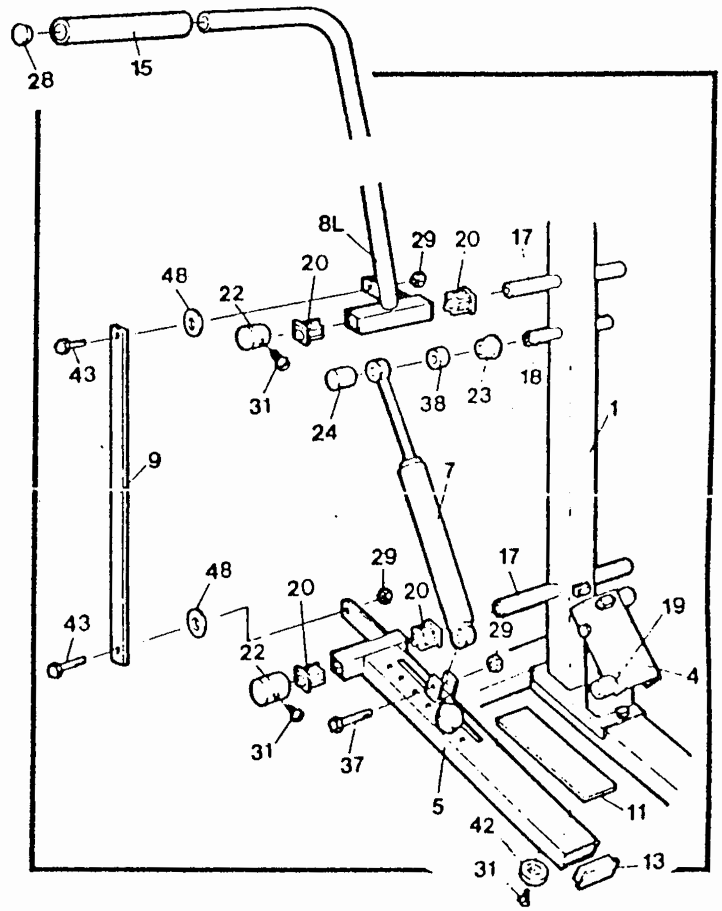
- [ ] Place upper end of RESISTANCE CYLINDER (7) onto RESISTANCE CYLINDER PIVOT ROD (18) and cap Pivot Rod with 5/8" I.D. TUBE CAP (24).

- [ ] Bolt lower end of RESISTANCE CYLINDER (7) to MOUNTING BRACKET (16) using 5/16" X 1 1/2" HEX HEAD BOLT (37) and 5/16" NYLON LOCK NUT (29).

- [ ] Align FOOT PAD (11) in FOOT PEDAL (5) or (6) and press into place by removing the backing from the double sided tape.

- [ ] Apply RUBBER BUMPER (42) under FOOT PEDAL (5) and (6) using 3/16" X 1/2" SELF TAPPING SCREW (31).

STEP 3 HANDLEBAR ASSEMBLY



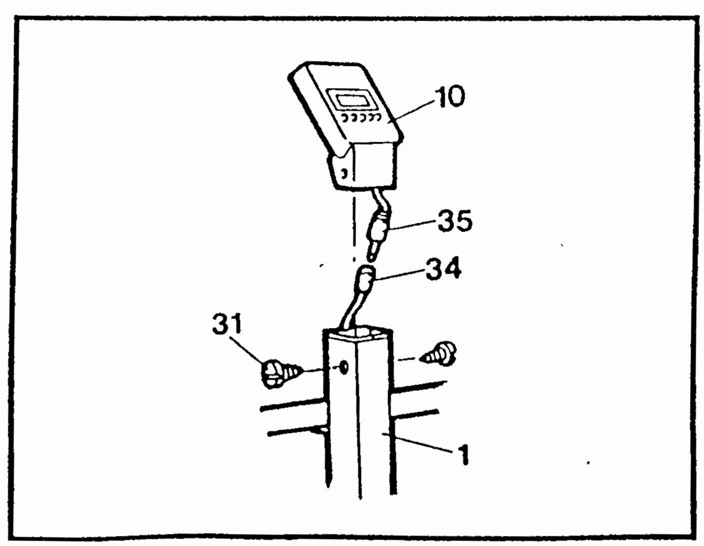
- [ ] Press 1" I.D. SQUARE END BUSHING (20) into both ends HANDLEBAR (8) tube.

- [ ] Assemble HANDLEBAR (8) onto PIVOT TUBE (17) and follow up with 1" I.D. TUBE CAP (22) and fastening with SELF TAPPING SCREW (31).

- [ ] Press 1 1/4" ROUND PLASTIC CAP (28) into end of HANDLEBAR (8) and slide on FOAM GRIP (15). Assembly of the Foam Grip is easier if a small amount of liquid dish detergent is applied to the Handle end.

- [ ] Assemble CONNECTOR BAR (9) to brackets on HANDLEBAR (8) and PEDALS (5) and (6) using 5/16" X 3/4" HEX HEAD BOLT (43), 5/16" NYLON WASHER (48), and 5/16" NYLON LOCK NUT (29).

STEP 4 ELECTRONICS ASSEMBLY



- [ ] Insert ELECTRONICS CONNECTOR PLUG (35) into SENSOR WIRE FITTING (34) to connect ELECTRONICS MONITOR (10).

- [ ] Position Monitor atop MAIN FRAME (1) and attach Monitor using two 3/16" X 1/2" SELF TAPPING SCREW (31).

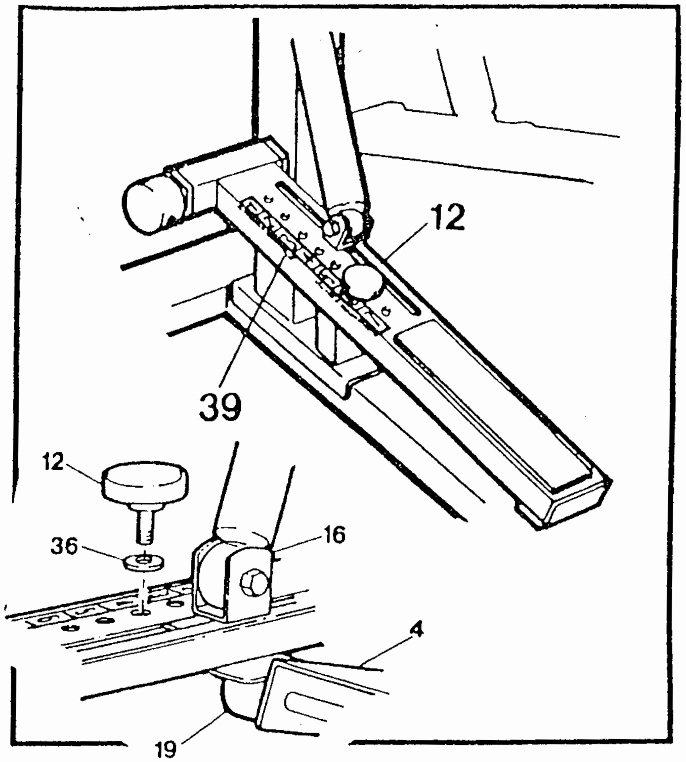
ADJUSTING STEPPER RESISTANCE

To adjust the Step Resistance of your stepper, move cylinder forward on the Foot Pedal to decrease resistance and rearwards to increase resistance.

Adjust by removing TENSION KNOB (12), move to desired resistance setting; 1 through 7 and re-tightening knob. 1 being the least (easiest) resistance and 7 being the greatest (hardest).

NOTE: CHECK TIGHTNESS OF FACTORY ASSEMBLIES TO BE CERTAIN THAT PROPER ASSEMBLY HAS BEEN DONE.

Apply RESISTANCE SCALE DECALS (39) onto outside edge of PEDALS (5) and (6) aligning numbers with resistance holes. The Number 1 of the decal is positioned toward the front with the Number 7 toward the back.



OPERATION AND ADJUSTMENT

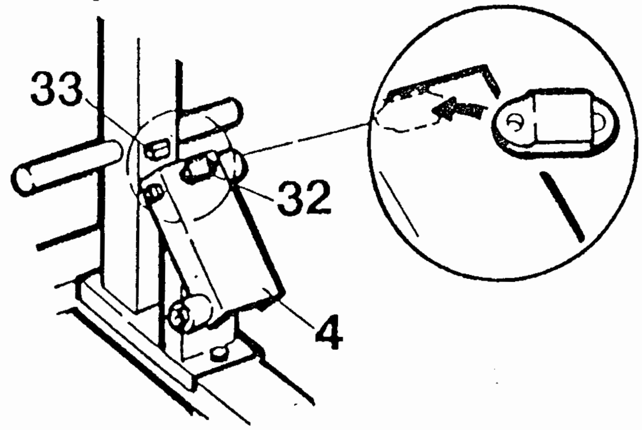
Rest your hands on the handlebars with an overhand grip. Press the right pedal down to the lowest position and place your right foot on the pedal. Place your left foot on the raised left pedal. To exercise, alternately press the right and left pedals down with a smooth, rhythmic motion. While exercising, do not allow rear of pedal to bottom out in order to avoid creating a stop point.

You can emphasize the muscles of the upper legs by keeping your feet flat on the pedals as you step, or rise on your toes to focus on the calf muscles. Stand erect as you exercise, or lean forward slightly, always keeping your back straight to avoid injury. For the best aerobic workout, exercise physiologists recommend taking relatively short, rapid steps at low resistance (see ADJUSTING STEPPER RESISTANCE below).

ELECTRONIC MONITOR APPLICATION & TROUBLE SHOOTING

To apply the MAGNET (32) to the ROCKER ARM (4), first pull the backing off the adhesive side. Align the MAGNET (32) with REED SWITCH (33) on MAIN FRAME (1) and apply approximately 1/8" away from top edge of ROCKER ARM (4). It may be necessary to move the magnet left or right to obtain optimum functioning. Also the distance from the pick-up is important. Simply pull the MAGNET (32) off and re-affix it at the proper position to restore correct functioning.

All Electronic Monitors have been tested before leaving the factory, but should you find your monitor is not functioning or counting on only one step, follow the re-positioning instructions above.



ELECTRONIC MONITOR OPERATION

See the electronic monitor operation guide accompanying this manual.

MAINTENANCE AND TROUBLE-SHOOTING

This stepper is designed to be virtually maintenance-free. Inspect and tighten all parts periodically. Outside surfaces can be cleaned using a soft cloth and mild, non-abrasive detergent. Do not allow liquids to come in contact with the electronic monitor.

If the electronic monitor does not function properly, test the monitor using new batteries. Most problems are the result of weak batteries. This monitor does not have a shut-off, it is designed to automatically turn itself off after a short period. Remove the batteries when storing the stepper for extended periods of time.

CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. **BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN!**

EXERCISE INTENSITY

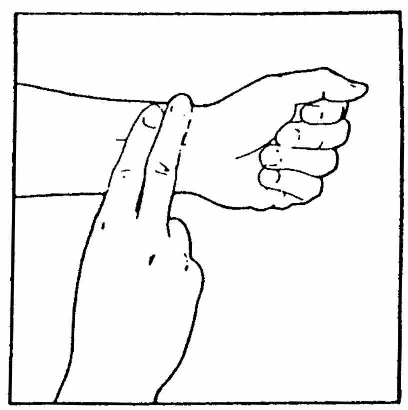
To maximize the benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone". You can determine your Training Zone by consulting the table below. Training Zones are listed for both conditioned and unconditioned persons according to age. Use the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

During the first few weeks of your exercise program, you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until it reaches the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

The easiest way to measure your heart rate is to stop exercising and place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Add a 0 to the result to find your heart rate. Compare your heart rate to your Training Zone. If your heart rate is too low, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.



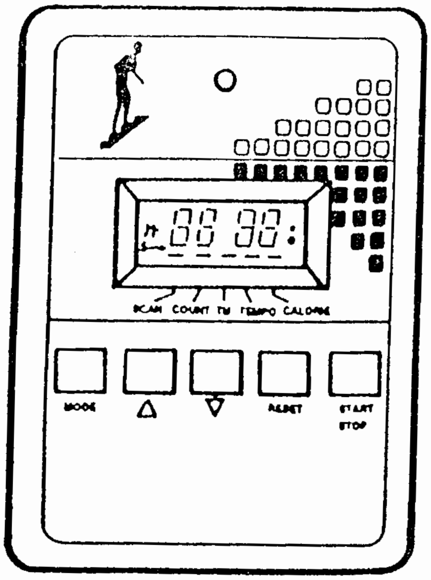
WORKOUT PATTERN

Each workout should consist of 5 basic parts: **1. AT REST, 2. WARMING-UP, 3. TRAINING ZONE EXERCISE, 4.COOLING-DOWN, 5. AT REST.**

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising at a low intensity level for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of stretching or light exercise will allow the body to cool down.



ELECTRONIC MONITOR OPERATING GUIDE

FUNCTIONAL BUTTONS

MODE - Functions selection key

△ - To set up the values of COUNT, TIMER, or TEMPO

▽ - To set down the values of COUNT, TIMER, or TEMPO

START/STOP - To start or stop functions of TIMER and TEMPO

RESET - To reset the value of COUNT, TIMER, TEMPO or CALORIC to zero

AUTO POWER ON/OFF

1. Power source will automatically turn on by pressing any button or using your machine.
2. Power will automatically shut off when your machine stops or the TIMER function stops for over 256 seconds.

The Electric Monitor has five Function Modes to help you achieve the most from your workout. Please read the operating instructions thoroughly before using the monitor. Save this guide for future reference.

MONITOR FUNCTION MODES

SCAN - Automatically scans functions of count, timer, tempo and calories in a repeating sequence

COUNT - 'Count' accumulates the number of steps taken from 0 to 9999. 'Count Down' counts backwards from pre-set number to 0

TIMER - 'Count Up' Measures elapsed time from 00.00 to 99:59 (ninety nine minutes and fifty-nine seconds). 'Count Down' measures time remaining from pre-set time.

TEMPO - When set on '0' a beep signal will sound each time you step. To use as a pacer for your workout, you can adjust the rate of beep from 0.125 (seconds) to 9.875 (seconds).

CALORIE - Gives an average calculation of calories consumed within the exercise period. Calculation is based on the speed of exercise and the total work time.

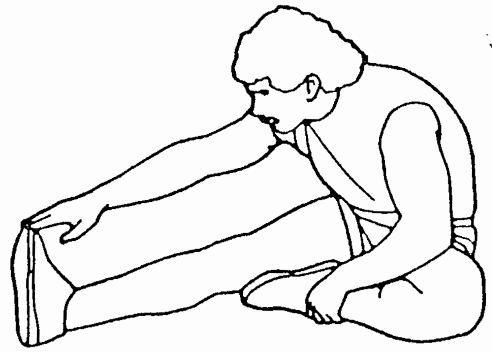
MODE	FUNCTIONS	**ILLUSTRATED EXAMPLES OF OPERATING PROCEDURES**
1	SCAN	COUNT 198 → 4 seconds → TIMER 09:56 → 4 seconds → TEMPO 0.000 → 4 seconds → CALORIE 5.8 → 4 seconds → (back to COUNT)
2	COUNT	*COUNT-UP: 584 → RESET → 0 → 1 → 2 → EXERCISE TO COUNT UP OR DOWN *COUNT-DOWN: 584 → △ or ▽ → 200 → 199 → 198 → EXERCISE TO COUNT UP OR DOWN
3	TIMER	*COUNT-UP: 58:35 → RESET → 00:00 → START STOP → 00:01 → 00:02 *COUNT-DOWN: 58:35 → △ or ▽ → 10:00 → START STOP → 09:59 → 09:58
4	TEMPO	2.375 → RESET → 0.000 → AN AUDIBLE SOUND SIGNAL ACCORDING TO USER'S STEPPING SPEED 2.375 → △ or ▽ → 2.500 → START STOP → AN AUDIBLE SOUND SIGNAL EVERY 2.5 SECOND PERIOD
5	CALORIE	716.8 → RESET → 000.0 → 0.3 → EXERCISE TO COMPUTE UP

EXERCISE FREQUENCY

To maintain or improve your condition, you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 per week. The key to a successful program is REGULAR exercise.

SUGGESTED STRETCHES

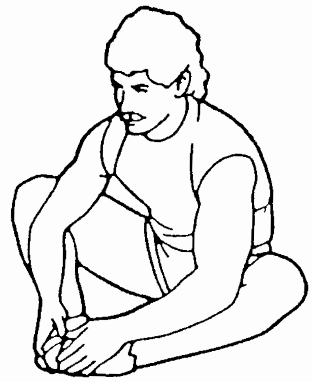
The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch - never bounce.



HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.

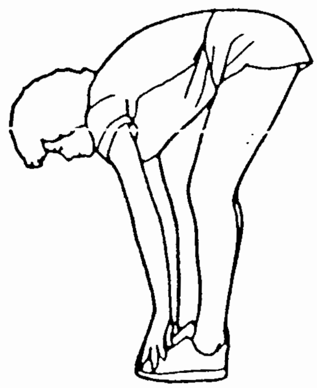
Stretches: Hamstrings, lower back and groin.



INNER THIGH STRETCH

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

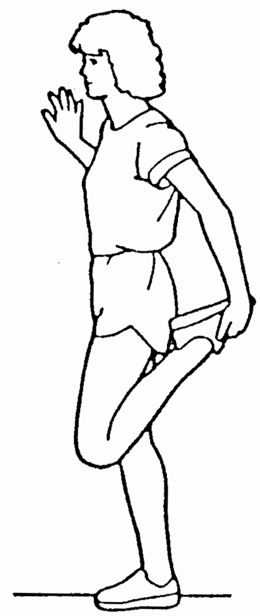
Stretches: Quadriceps, hip muscles.



TOE TOUCHES

Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.

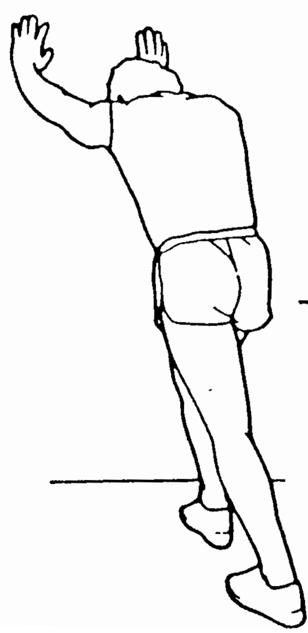
Stretches: Hamstrings, back of knees, back.



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

Stretches: Quadriceps, Hip Muscles.



CALF/ACHILLES STRETCH

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the Achilles tendons, slightly bend back leg as well.

Stretches: Calves, Achilles Tendons, and Ankles.

NOTES:

1. Push Δ or ∇ button and the desired value will be changed at a faster speed.

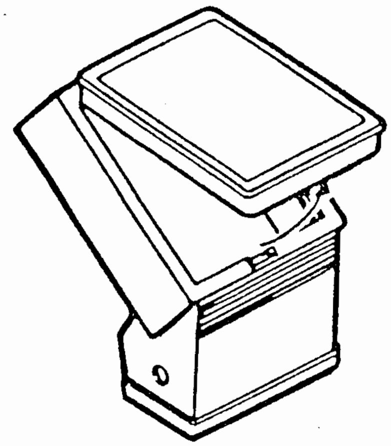
2. One step will be accompanied by one sound signal, except when the TEMPO function is activated.

3. When the symbol S▸ appears on the LCD it means that the TIMER and TEMPO functions are stopped and new values can be set up into the Electronic read-out. Starting or stopping the TIMER and TEMPO functions can be made even in other functions are running.

4. When the symbol ♪♪ appears on the LCD, it denotes that the TEMPO has been set up and ready to start work.

HOW TO REMOVE THE BATTERIES

1. The upper case of this computer easily separates from the bottom case. Simply pry it open using a coin (see illustration).
2. Replace the button battery (alkaline manganese battery A76, AG13, or LR44) with a new one.
3. Be sure the battery is inserted with the positive (+) side toward you.
4. Removing the battery will erase all functional data.
5. STORAGE PERIOD OF BATTERY: Approximately 1 year under normal conditions.



REPAIR PARTS AND SERVICE

IMPORTANT

DO NOT TAKE STEPPER BACK TO THE STORE WHERE YOU PURCHASED IT

BEFORE CALLING THE 800 NUMBER

IN ORDER TO RECEIVE SERVICE ON THIS PRODUCT YOU WILL HAVE TO FIRST SEND IN YOUR WARRANTY CARD

CUSTOMER SERVICE 1-800-225-0653

ALL OF THE PARTS FOR THE STEPPER CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT., 900 WEST ST. JOHN ST., OLNEY, IL. 62450. WHEN ORDERING, PARTS WILL BE SENT AND BILLED AT THE CURRENT PRICES. PRICES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. STANDARD HARDWARE ITEMS ARE AVAILABLE AT LOCAL HARDWARE STORES.

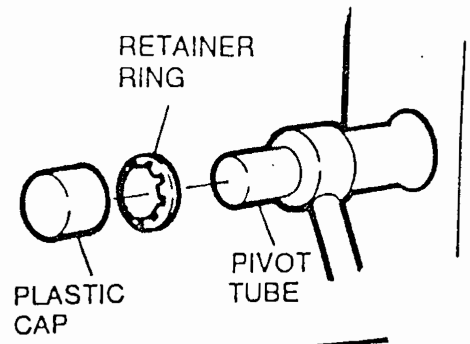
ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:

MODEL NO. NAME OF PART ORDERING NUMBER

SUPPLEMENT TO ASSEMBLE THE RETAINER RING (SM5 & SM6)

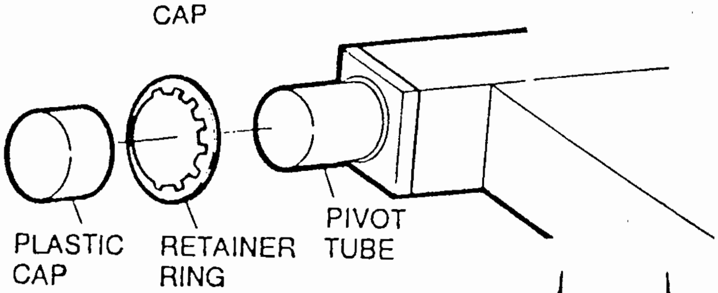
1. STEPPER RESISTANCE CYLINDER:

- ☐ Assemble the 5/8" Plastic Spacer onto the Pivot Tube.
- ☐ Assemble the Resistance Cylinder onto the Pivot Tube.
- ☐ Using the 5/8" Plastic Cap as a driver, push the Retainer Ring onto the Pivot Tube making sure the teeth face to the outside and the Ring fits snugly against the Cylinder.



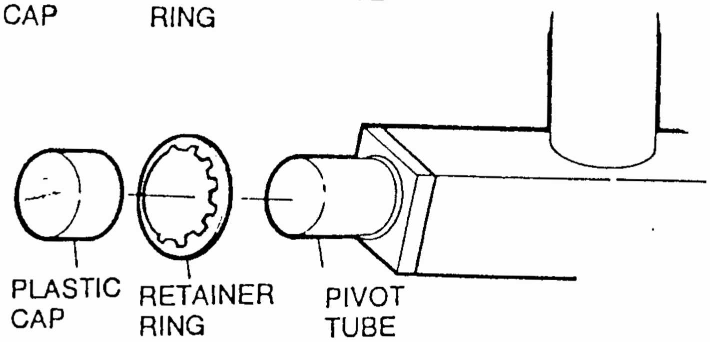
2. STEPPER PEDALS:

- ☐ Assemble the Stepper Pedals onto the Pivot Tube.
- ☐ Using the 1" Plastic Cap as a driver, push the Retainer Ring onto the Pivot Tube making sure the teeth face the outside and the Ring fits snugly against the Pedal.



3. HANDLE BARS:

- ☐ Assemble the Handle Bars onto the Pivot Tube.
- ☐ Using the 1" Plastic Cap as a driver, push the Retainer Ring onto the Pivot Tube making sure the teeth face the outside and the Ring fits snugly against the Handle Bar.



NOTE: The Retainer Ring elimates the use of the 3/16" Self Tapping Screw in the 1" Round Plastic Cap, therefore the 3/16" Self Tapping Screws for this step have been elimated from the Hardware Bag.

5/8" RETAINER RING HH-5422

1" RETAINER RING HH-5423

PART LIST SM5

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
1	MAIN FRAME	1	C2191-E23
2	BASE "T"	1	C2192-E23
3	REAR BASE TUBE	1	C2193-E23
4	PEDAL ROCKER ARM	1	C2194-E23
5	LEFT PEDAL	1	C2195-E23
6	RIGHT PEDAL	1	C2196-E23
7	RESISTANCE CYLINDER	2	ZZ-0002
8R	HANDLEBAR - RIGHT	1	C6809-E23
8L	HANDLEBAR - LEFT	1	C6810-E23
9	CONNECTOR BAR	2	C6811-E23
10	ELECTRONIC MONITOR	1	C0823-E50
11	FOOT PAD	2	AA-8134
12	TENSION KNOB	2	HH-5347
13	1 1/2" X 3" PLASTIC CAP	2	AA-8130
14	1 1/2" X 3" RUBBER FOOT	4	AA-8135
15	FOAM GRIP	2	C0447-E50
16	RESISTANCE CYLINDER MOUNTING BRACKET	2	C6924-E23
17	PEDAL PIVOT TUBE	2	6318 E50
18	RESISTANCE CYLINDER PIVOT TUBE	1	6319 E50
19	PEDAL SUPPORT WHEELS	2	AA-8136
20	1" I.D. SQUARE END BUSHING	8	AA-8137
22	1" I.D. TUBE CAP	4	HH-5348
23	5/8" I.D. FLAIR END BUSHING	2	AA-8139
24	5/8" I.D. TUBE CAP	2	HH-5357
25	5/16" X 3 1/2" HEX HEAD BOLT	2	HH-5294
26	5/16" X 1 3/4" HEX HEAD BOLT	3	HH-5301
27	3/8" X 3 3/4" HEX HEAD BOLT	1	HH-5349
28	1 1/4" ROUND PLASTIC CAP	2	AA-8010
29	5/16" NYLON LOCK NUT	11	HH-5012
30	3/8" HEX JAM NUT	3	HH-5356
31	3/16" X 1/2" SELF TAPPING SCREW	8	HH-5372
32	MAGNET	1	HH-5352
33	REED SWITCH	1	HH-5353
34	SENSOR WIRE	1	HH-5354
35	ELECTRONICS CONNECTOR PLUG	1	HH-5355
36	5/16" FLAT WASHER	4	HH-5127
37	5/16" X 1 1/2" HEX HEAD BOLT	2	HH-5312
38	SPACER 5/8" I.D. X 7/16"	2	AA-8140
39	RESISTANCE SCALE DECAL	2	DE-4167
40	MAST DECAL	1	DE-4193
41	2 1/2" SQUARE PLASTIC CAP	1	AA-8013
42	RUBBER BUMPER	2	AA-8145
43	5/16" X 3/4" HEX HEAD BOLT	4	HH-5245
44	MONITOR BRACKET	1	C0825-E23
45R	SLIDE ADJUSTMENT BRACKET - RIGHT	1	C6925-E23
45L	SLIDE ADJUSTMENT BRACKET - LEFT	1	C6926-E23
46	3/8" x 4 1/2" HEX HEAD BOLT	2	HH-5363
47	5/16" X 3/4" HEX HEAD BOLT	2	HH-5245
48	5/16" NYLON WASHER	4	AA-8147
	HARDWARE BAG	1	C5905-E23
	ASSEMBLY MANUAL	1	NN-1139

Cnn 1139